



North Carolina Falls Prevention Coalition Minutes
Wednesday, November 7, 2018
North Carolina Institute of Medicine Conference Room
630 Davis Drive, Suite 100
Morrisville, NC 27560

ATTENDEES

Sharon Rhyne, Christine ?, Nicolle Miller, Rebecca Freeman, Ingrid Bou-Saada, Lindsay Bailey, Cris Clarke, Toni Chapman, Ellen Schneider, Kathleen Cody, Audrey Edmisten, Lori Schrod, Martha Zimmerman, Kristen Farreter, Diane Tilson- High Country Area Agency on Aging, Annette Demeny- Centralina AAA, Shannon Bullock DOI, Michele Ethridge- Eastern Falls Prevention Coalition, Cynthia Moses- Western Falls Prevention, Vicki Tilley

UPDATES

- **Nicole Miller of Healthy Aging NC:**
 - Falls prevention coordinator hired: Ellen Bailey, MPH. She previously worked in UNC Asheville's academic department. Has started but not full-time yet.
 - Funding will allow for separate website for falls prevention website. Will house minutes and quarterly agendas. Nicolle asked for data reports from Sharon and Ingrid.
 - Regional coalitions interested in having regional sections under state website.
- **Regional Reports**
 - **Cynthia Moses- Western NC Falls Prevention Coalition:** coalition nominated new advisory board, created quarterly plan of one meeting, one advisory meeting, and one email update per quarter. Immediate task- find website developer, haven't found suitable group yet. Grant writing and grant funds being explored while maintaining focus on growing and getting sources to community members. McDowell County Falls Prevention coalition: people interested in forming foothills coalition possibly.
 - Martha: PT Professional groups – had four universities enter challenge on falls prevention group. Methodist UNC CH< Western Carolina and NC State. Served 100 clients during that time. Western Carolina won competition. Granted in Greensboro.
 - Vicki: Suggested creating resource guide for PTs on falls prevention. Found similar website they may use as template.
 - Determined we need list of master trainers for MOB or Tai Chi. Trying to figure out how to get MOB training approved as CEUs for PTs and trying to determine if state will allow for it and if other states do.
 - **Laura Plunket- Piedmont Regional Triad Council AAA:** 12 counties. No current falls coalition. At one time there was, but region was split into two. Interested in learning how other groups are running coalitions and in partnerships.

Offers MOB, Tai Chi, and two other physical activity programs. Held 22 MOB workshops in 2018. Needs to know who would be interested in being part of coalition.

- Lindsay to provide lplunkett@ptrc.org with trauma regional coordinators
- Nicolle: caution in over-training masters trainers. Makes sense to offer coach training to students. Need leader pipeline for agencies to track training. Good strategy to grow leader pool by master trainers already established.
- Vicki: need to support a variety of programs and address across continuum of care to find gaps, increase focus, have variety to support.
- Chris shared BatchGeo- mapping program helps make maps for public health. User-friendly, free. Will present map of Otago at national conference.
- Wake Baptist doing bone health workshop Saturday morning.
- **Lindsay Bailey- Triangle Falls Prevention Coalition:** Held third meeting in September. Next meeting planned for December. Working on various projects through subcommittee groups.
- **Mary Hall- Eastern NC Falls Prevention Coalition** (read by Rebecca Freeman): held falls prevention workshop by partnering with Vidant Health. Focused on home safety on second day. Also presenting Remembering When curriculum across county with fire and EMS folk and community college partnership with canvassing. Pitt County paramedic discussed their referral process to Dept. on Aging for grab bar installation.
- **High Country AAA:** held falls prevention event at summit. Nicolle presented on partnership on western falls and ACO referral network. Offered MOB and tai chi in area. High Country covers Avery, Ash and Catawba and Madison (northwest). Not a coalition but Nicole Hiegl point of contact for region.
- **Annette Demeny- Centralina Area Agency on Aging:** held membership breakfast drive, partnered with orthopedic clinic. Falls Prevention Week event (falls expo in Matthews NC)- 300 seniors participated. Similar church event held in October- 140 participated. Spoke at Gaston about MOB and Chronic Pain Self-Management Program to promote program and encourage people to become trained.
- **Other**
 - Group discussed how to better involve trauma centers in local coalitions or reach out to trauma centers and ask them to lead/help to support efforts to create new coalitions in their regions.
 - Suggested tool kit could be added to Healthy Aging website on how to create coalition.
- **Strategic Plan:** Small group recently met to discuss NC falls prevention strategic plan retreat. Selected date: April 4th. Location TBD. Rebecca looking for potential spots. Also looking for people to invite. Ideally represent not only their specific area but broader. Can

submit ideas to Rebecca. Nicolle recommended facilitator for retreat and will use Results-Based Accountability™ framework.

- **Falls Prevention Week Activity:** Rebecca reported survey in process, re-sent during meeting. Asked folks to complete ASAP. Sent to coalition listserv, AAAs, and senior center listserv. Results to be compiled by Survey Monkey and Nicole. 29 responses so far. Minutes from NCOA quarterly meeting reminded state coalition leaders one person/state should complete national impact survey online. Nicolle will complete for NC.

PRESENTATION

Hearing Loss, Falls, and Other Health Implications, Tony Davis, NCDHHS Division of Services for the Deaf and Hard of Hearing

Shared folder with resources and contact information for NCDHHS Division of Services for Deaf and Hard of Hearing. Shared he lost his hearing overnight at age 36 and received cochlear implants. Implants increased his risk for falling and he fell several times.

- **Q&A**
 - Q: Given that there is correlation between untreated hearing loss and falling, what happens after individual gets treatment?
 - A: Answers not yet in literature even though we do know treatment is helpful for reducing symptoms and effects. Dr. Lin probably researching it, but not yet published. Tony will email Dr. Frank Lin, researcher doing most work in field of hearing loss and falls.
 - Q: Are there income restrictions for services at the Division of Services for Deaf and Hard of Hearing?
 - A: General services are open to all, including screening services, but to qualify for equipment distribution such as hearing aids and phone coils, must be at or below 250% of poverty limit.
 - Q: Is most age-related hearing loss progressive?
 - A: Yes. People tend to have gradual hearing loss over time and brain adapts, so they don't recognize it happening. Instead believe others are mumbling or speaking too softly. People around individual recognize it first.
 - Q: Has there been research into how to provide evidence-based falls prevention programming, specialized training, or increasing sensitivities to population?
 - A: Tony will ask Dr. Lin
 - Vicki noted at last NCOA Meeting, evidence-based providers discussed developing/modifying materials for this population, and how to do education and training via visual guidance.
 - Nicolle: Classes can make seating modifications and add interpreters or lower-cost assistive devices.
 - Tony: Division's Regional Centers can point people in right direction
 - Q: Is there appropriate way to speak to someone with hearing loss, recognizing that shouting is rude?
 - A: Yes, speak normally with regular tone without over-enunciating, but do speak clearly. Don't shout.

- When an interpreter is present, look at person speaking with, not interpreter, whenever possible.
- Try rephrasing (sometimes can hear some sounds better than others) especially by phone.

2019 DATES TO BE DETERMINED

FOUNDING ORGANIZATIONS:

